Mental Worship or Manas Pooja

By Abhijit Kamat. 10th August 2012.
www.simplemeditation4health.wordpress.com
www.stressguru.co.in

On internet and newspapers, there are many news how people are cheated under the name of "guiding for meditation". People get carried away with fancy advertisements of various types of Yoga and enlightenments. There are many quack Gurus available in the market for selling. If you have money or beautiful body, they will exploit it. So be careful.

To help these people seeking meditation, this article is written on **Manas Pooja** or **Mental worship.**

Mental worship, is one of the ways of performing meditation. And it does not need anybody's guidance. I personally found that this is one of the excellent ways of meditation in Bhakti (devotion) Yoga. You get so involved in this mental worship, that you will never come to know how time passes. **And when you forget the time in meditation, you achieved a fantastic concentration.** When there is a devotion to your God or Guru, religion does not matter. What matters is how much you are involved & engrossed in the mental worship. Person of any religion can do it.

It is a worship similar to what you may do physically. But, here, it is a request to goto the utmost details while performing mental worship. Imagine that the vessels, dishes etc used in the worship are of gold, use the world's beautiful flowers for submission and feel the joy in your heart throughout the worship. Don't be stingy in imagining the golden dishes. But- we are so used to live in today's world, that we can not even think of golden dishes while performing the mental worship.

When to do mental worship? Time does not matter, it can be morning or evening. Your love and feelings towards Him matters. However, once you start regular worship and enjoying it, you will be guided by your consciousness towards the right time. If you are doing it in the morning, it is not necessary to have bath as it may not be possible at 4 or 5 AM every time. No two persons can have the same method.

How to perform MENTAL WORSHIP/ MANAS POOJA?

Get up early from bed, and think of God; freshen up, and sit down and perform manasa-pooja, mental worship. With the conscious mind, ensure you have the prescribed sixteen items (sandalwood paste, flowers, and food, sweets, water, fragrance, essence sticks, honey, purified butter, sugar, camphor ------ subject to your religion and rituals, so not necessary to be bogged down by the list).

One example:- (others may follow their own rituals as per their religion, God etc)

If you are a Christ follower, then your mental worship may start like this……You have invited Jesus Christ to your house. Fragrance of burning essence stick has filled your house. You (and your spouse) welcome Him and offer a chair covered with the best linen of the world. You wash His feet with warm water and then wipe with a white soft scented towel. Then you anoint His feet with a musk or fragrance. You offer and then submit the world's most beautiful flowers at His holy feet. And all of a sudden, when you look at His face, you realize that, He has been just smiling at you while you perform all the rituals. Your heart is now filled with peace, love and joy.

You wash His hands, wipe them with the same white scented towel. You then offer HIM the home made sweets that you (or your spouse) have prepared exclusively for Him with love. When you feed Him the sweets, (that is placed in golden dish), He knows how much you love Him and He accepts it with smile. When you bow to His feet, he blesses you by touching your head. This is the moment!!! your body is no more normal body now, there is a burst of peace, love and joy in your heart. You may request for this peace, love and joy to be forever with you or guidance to come out the existing problem. (**Word of caution:** if there is no love, questions may remain unanswered or answers may be erratic and you may lose faith. The best thing is not to ask for anything as He is fully aware of what is happening with you.)

To end this worship, never imagine sending your God or Guru out of your house, instead see that he enters into your heart and remains there for the whole day. That is, maintain those feelings of peace, love and joy throughout the day.

If tears of Joy and Love come out of your eyes while performing this mental worship, I am happy that I have rightly conveyed it to you. This whole process requires concentration, love and devotion. With practice you will certainly reach this stage.

Pl. do not forget to give feedback that would bring me joy too.

abhijit@stressguru.co.in

other articles

1. what is meditation and various method
2. Guided body scan meditation
3. Shani amawasya: myth and blind faith
4. Migraine: is it stress in subconscious? What meditation can do?